

SOAR Student Training Progress Week 21- 4Mile Bench, 20 Mile Event

Student / WK21	21-Feb	23-Feb	26-Feb	Wkly Miles	Total Miles	Avg. Time	Wkly Min / Mile	YTD Min / Mile
Abrego, Merlyn	53:17:00	41:18:00	296:00:00	27	321.1	130:10:00	14:30:00	13:45:00
Crooks, Keeva	53:17:00	33:22:00	259:00:00	27	315.7	115:10:00	12:50:00	12:10:00
De La Torre, Julia	42:58:00	35:00:00	300:15:00	27	294.5	125:55:00	14:00:00	12:50:00
Flores, Nataly	79:45:00	52:30:00	292:25:00	30	323.7	141:40:00	14:10:00	13:20:00
Gonzalez, Maria	108:49:00	54:42:00	287:20:00	37	294.7	150:15:00	12:10:00	10:40:00
Medina, Fernando	42:45:00	43:04:00	290:24:00	28	327.7	125:20:00	13:25:00	10:30:00
Medina, Jacki	42:34:00	31:59:00	290:38:00	27	294.7	121:45:00	13:30:00	12:10:00
Najera, Alex	50:00:00	35:00:00	192:00:00	30	295.6	92:20:00	9:15:00	9:20:00
Padilla, Kimberly	38:14:00	28:20:00	217:00:00	27	281.7	94:35:00	10:30:00	10:40:00
Pierce, Taylor	32:43:00	26:50:00	287:20:00	27	308.7	115:40:00	12:40:00	11:00:00
Ruiz, Gilbert	108:41:00	107:00:00	252:14:00	40	306.7	155:55:00	11:40:00	11:00:00
Velazquez, Stephanie	32:28:00	26:48:00	199:00:00	30	318.7	86:05:00	8:40:00	8:55:00
Yaworski, Bill	31:20:00	25:00:00	192:00:00	27	322.7	82:50:00	9:10:00	9:10:00

1) Congrats for Completing theSOAR 20! Countdown to Marathon Week - 2 Weeks! Countdown to Marathon Week - 2 Weeks!

2) SOAR Mardi Gras Madness 5K is slated for Saturday March 3rd! Proceeds benefit YOU! Tell your friends and family!

PARENT VOLUNTEERS NEEDED! ***PARENT VOLUNTEERS NEEDED! ***** PARENT VOLUNTEERS NEEDED!**

3) MGM 5K rally time is 5:00am, February 26th. Meet at Bridgeport Marketplace.

4) Sore legs, ankles, feet, knees, and hips are a normal part of long distance running. Don't forget to include recovery foods (protein carbs, electrolytes, and lots of fluids) in your pre/post workout routine! Try and limit the junk!

5) All weekly and total mile results highlighted in RED indicate miles owed. The number of miles shows as: (2).

YOU are responsible for arranging all makeup miles with a coach!

ALL Miles owed must be made up by the Thursday before Marathon week! NO MAKE UP MILES WILL BE ALLOWED AFTER 3/8/12!

6) All LA Marathon permission slips need to be given to a Coach as soon as possible!

7) Training and Race Information posted weekly at www.SOAR-SC.org We're proud of you guys! Keep training hard!